

Serving the military communities in Kuwait

January 21, 2004

Desert Voice



**R&R AIR TRAVEL
NOW FULLY FUNDED**

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Inspiration

Love me
faithfully,
see how I
am faithful,
with all my
heart,
and all my
soul,
I am with
you, even
though I am
far away.

Water world...



Senior Master Sgt. Gene LaDoucer

Airmen from the 506th Expeditionary Civil Engineer Squadron work to control flooding over a road at Kirkuk Air Base, Iraq, Jan. 13. The base was hit by nearly 2 inches of rain overnight, leaving many areas of the base, including tents for airmen and Soldiers, deluged with water.

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**The Desert Voice staff welcomes your
story suggestions and photos.**

**E-mail them to us at the above e-mail
addresses or call us at 438-6256.**



Photo by Spc. Karima L. Mares

Maj. Gen. Stephen Speakes, CFLCC deputy commanding general, expresses his appreciation Saturday, to the Humanitarian Operations Center and the Kuwaiti community, for their determination in helping those affected by the war. The HOC works hand-in-hand with members of the Kuwaiti community to bring food, medical supplies to Iraqis.

**Famous entertainers who
have served in the army:**

Jimi Hendrix - 101st Airborne
Division (Peacetime)

Elvis Presley - 3rd Armored
Division (Peacetime)

Tony Bennett - 63rd Infantry
Division (WWII)

Art Carney - 28th Infantry
Division (WWII)

James Garner - 5th Regimental
Combat Team (Korean War)

**If you are
interested in USO
photos, visit
CFLCC PAO on the
NIPR under
public folders.**

Photo by Staff Sgt. Eric Brown, 13th Public Affairs Detachment

Volume 25, Number 16

Congress recently approved \$55 million dollars allowing the Department of Defense to fund 100% of air travel to the final leave destination of eligible servicemembers while on R&R leave.

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SERGEANT MAJOR'S SHOT-GROUP



A disciplined environment is key to our success during these extremely busy times as we transition forces throughout the theater.

Discipline starts with small unit leaders. They must standardize practices as much as possible as we conduct missions that provide much needed support to the force. Sometimes when we are deployed we divert our attention from the things that make us professional leaders. For example, sergeants must start the duty day with inspections. It could be an in-ranks inspection, a tent or living area inspection or a pre-combat inspection. Through the process of inspection we catch deficiencies and speak with our Soldiers. Additionally, it gives us an opportunity to disseminate information and listen. Yes, listen! Listen to the concern of our Soldiers and address each concern.

We must strive to make our units, standard based. We do not need policies for every possible situation. We have regulatory guidelines and common sense to govern our decision-making. A standard is a standard and an acceptance of violation of basic standards can be life threatening in this environment. Uniformity and discipline in camps may seem less important, I would submit they are critical. Each and every soldier has to be a part of making our organizations more disciplined. Unit discipline will save lives.

Throughout this campaign our Soldiers have made incredible sacrifices, some have made the ultimate sacrifice. We honor those Soldiers and honor ourselves by setting the standard in all that we do. At no time in our history can we be more proud of being soldiers than now. Every Soldier, regardless of unit or MOS should be incredibly proud of their service. In the last year we have conquered an army and liberated a nation. I have watched soldiers from Camp Arifjan to Mosul, Iraq. I am continuously reminded of how lucky I am to be a part of this operation.

I understand the hardships of a long deployment and the difficulty of these conditions. I would ask of us all to make the extra effort to set the standard in individual and unit discipline. I would also submit to our leaders, from squad to Theater Army, spend as much time as possible keeping your soldiers informed and addressing their concerns.

We are not just a part of history, we are making history. Be proud of your service, the Commanding General and I are certainly proud of you.

John Sparks,
CSM, 3rd U.S. Army, ARCENT/CFLCC

Army Values: Keeping the values at home, on deployment

Commentary by

Spc. Karima L. Mares

13th Public Affairs Detachment

"The Soldier's heart, the Soldier's spirit, the Soldier's soul are everything. Unless the Soldier's soul sustains him, he cannot be relied on and will fail himself and his country in the end," said former U.S.

Secretary of State and retired Army General George C. Marshall.

In the first week of basic combat training, we were taught the seven Army values. The acronym LDRSHIP helped us remember the values:

Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage.

Our drill sergeants told us it was necessary to adhere to these values. It was part of the

soldierization process, and we would not become good Soldiers or leaders without them.

Throughout the nine weeks of basic, the values were constantly reiterated to us. By the time graduation rolled around, most of those who had not adapted to the military life, including the values, were gone; leaving a stronger and more closely-knit group of Soldiers. By accepting the Army values we were able to succeed in becoming Soldiers, to remain Soldiers we must remember the values.

There are days, especially during a deployment, when we may wonder, "How in the world did I get myself into the Army?"

It's on those days when we're having a particularly hard time at work, that we tend to be a little

more lax in following the values.

It's also when we need to focus even harder to fulfill our obligations. It's our duty to do so, because we are Soldiers and should do our best to act as such.

Periodically, the press reports unacceptable behavior by military personnel. While painful to read, it is not wrong for the public to know what is going on with its military.

As Soldiers, we should treat others with as much respect as we wish to receive. We must remember that we are here to serve the American people.

Due to inappropriate behavior by some past leaders, the Army values were integrated into the Soldiers training program as a way to try and avoid unacceptable behavior. The values have become the basic

foundation of being a good Soldier. Every Soldier, no matter the rank or grade, must be someone others can learn from. Even a buck-private could be a role model for an officer, and officers and non-commissioned officers should most definitely be role models for their Soldiers.

Yes, I know that to do what is right is inconvenient at times, but, so are a lot of things.

As Soldiers, we should be better than the rest.

We should have indomitable hearts and souls, and they should be mirrored by the values we hold.

It is our responsibility to check ourselves and our buddies, and to do what we know is right. It is a test of our integrity to do what's right, even when no one else is watching.

REDIRECTING YOUR MAIL *BEFORE* YOU REDEPLOY

Story and Photo by >>>>>
Staff Sgt. Nate Orme
3rd Personnel Command, PAO

Your unit is redeploying in a few weeks. Great, you can't wait, right? But have you thought about redirecting your mail for a smooth, timely transition to your home-bound address?

Well, the 3rd Personnel Command has. The command unit manages postal operations in theater. It has issued mail guidance procedures to be followed by Soldiers, mail clerks and commanders to ensure that mail is properly channeled.

“It is only common sense to notify families, friends and correspondents prior to your redeployment to cease sending mail to you,” said Lt. Col. Robert Howard, 3rd PERSCOM’s postal operations director, explaining, “The military mail system will be taxed heavily during this redeployment period. On an average, each soldier redeploying will be mailing out 2-3 personal packages home. The reduction in redirected mail will only benefit the overall military mail system.”

Howard also said that the same standards apply to deploying Soldiers entering the OIF theater.

Redeploying Soldiers need to

complete and return two change of address cards (DA Form 3955), which are supplied by unit mail clerks or their S1 shop. One card stays with or goes to the servicing mail clerk, and one goes to the servicing Army Post Office (APO).

Soldiers should also notify all

will be available to send mail.

Unit commanders should inform rear home station mail rooms to stop forwarding mail to the theater APO for redeploying Soldiers and instead hold mail until the Soldier arrives home. Unit mail clerks in theater will provide the supporting theater

Soldier's redeployment date and 30 days after. After 60 days, mail is either returned to sender or disposed of in accordance with the DoD Postal Manual.

If mailing items from theater before redeploying, mark parcels/ letters “MPS” for free delivery of non-valuable items. Remember, there is no reimbursement for lost or damaged items marked “MPS.” For items of value insure or use registered mail.

As always, Soldiers need to follow restricted mail guidelines when mailing specific items. Items such as expended/unexpended explosives, certain war souvenirs, ammunition are “non-mailable” items. Mailing military equipment such as rucksacks and duffel bags are also prohibited.

The maximum size and weight for mailing is 70 pounds and 138 inches combined length and girth. When mailing to an APO address, **DO NOT** include the country name, such as Germany or Italy.

For questions on mail policy
contact any of the following:

1. Your unit mail clerk
2. Your servicing APO
3. The 3rd PERSCOM, Postal
Operations Directorate, DSN: 318-
825-1208

25-1208 

A mail clerk at Camp Arifjan's, APO, run by 3rd Personnel Command down-trace units, helps a Soldier send off his package stateside.

correspondents—family, friends, financial institutions, periodical mailers etc.—to stop sending mail into theater at least 15 days—preferably 30 days—before their projected move date when units move from base camp to their redeployment sites. Soldiers will not be able to receive mail at the sites; however, postal services

APO with the unit's forwarding home address. If mail clerks receive mail for Soldiers already redeployed, they will forward it to the address on the Soldier's change of address card.

Mail will be forwarded for 60 days by either the APO or a forward mail clerk. Ideally, that would be 30 days before a

Army redeploys units from Camp Victory

Story by
Staff Sgt. Nate Orme
3rd Personnel Command, PAO

CAMP VICTORY—After laying down roads, building wash racks, and putting up instruction signs—among other things—the Army recently began redeploying units back to home station through this camp again.

Operations began Jan. 8, and are scheduled to hit full tempo by the end of January, said Maj. Rick Martin, deputy mayor at the mayor's cell. His unit, the 31st Rear Operations Center, a National Guard unit from Jackson, Miss., set up the redeployment operation.

Prior to a redeploying unit's arrival, an officer with the unit acting as a liaison

would have already planned his unit's arrival with the camp mayor's cell. This officer would meet his unit upon arrival and walk it through, having become familiar with the procedures and where everything is located, said Martin.

Units first go to the ammunition holding area and turn in their supplies, said Martin. Next stop is the “Four Corners” area where different classes of supplies are downloaded. Then, units drop off soldiers’ personal effects at billeting. Then the process of cleaning unit and personal equipment begins, which can stretch to several days. In addition, soldiers are shuttled through a series of briefings meant to ease the process of getting them home administratively and mentally read-

justed. Briefings are given by the legal, chaplaincy, medical, and financial sections.

The camp operation can redeploy about 10,000 soldiers every two weeks, Martin said, which is also the amount of time the process generally takes.

The 31st ROC is scheduled to turn over operations soon to the incoming unit, the 356th Supply and Services, a Reserve unit from Laurel, Miss.

This camp had been used before to redeploy soldiers when it redeployed elements of the 3rd Infantry Division in June-July last year. Although the camp shares the same name with the Camp Victory in Iraq and the two have been confused in the past, they are separate camps.

Troops traveling on R&R leave benefit from DOD policy change: *'Funded follow-on travel'*

Story and Photos by
Staff Sgt. Eric Brown
13th Public Affairs Detachment

Kuwait--The Department of Defense announced last month it will start paying for 100% of servicemembers Rest & Recuperation (R&R) leave airfare to and from the servicemembers' final leave destination, beginning Dec. 19, 2003.

What does this mean for servicemembers and authorized civilians assigned to one of the forward support element camps here and 14 other contingency locations in the U.S. Central Command (USCENTOM), providing support to Operations Enduring Freedom and Iraqi Freedom?

A good amount of money saved on your overall travel plans—that's what.

The policy was changed after Congress approved legislation allowing DOD to use 55 million dollars, specifically set aside for covering the air travel costs for troops on R&R

leave. This action directly affects most of the servicemembers currently deployed to this area and plan to take R&R leave between the beginning of the fourth month and the end of the tenth month during their year long tour.

"To be eligible for the program, servicemembers must be



projected to be in country, deployed, for 365 consecutive days," says CFLCC Program and Policies chief, Lt. Col. John Lennon. He continues, "Servicemembers PCSd here are also eligible as long as it's an



unaccompanied tour."

The big change to the policy is that servicemembers now do not have to pay for airline tickets from the previously established stateside airports to fly into, such as Atlanta, Baltimore and Dallas Fort-Worth; they will fly free to the nearest commercial airport servicing the leave destination.

This change may end up saving servicemembers hundreds of dollars in travel expenses while navigating their way to see loved ones or simply to get away and relax at the favorite vacation spot of their choosing.


"The government will pay for the cost involved to whatever address is listed in block 6 of their leave form (DA 31)," said Josephine Fludd, Consolidated Support Associates (CSA) technician monitor for the Official Travel Office

extends gov't paid air travel to final destination for Servicemembers.

(OTO) on Camp Doha. "The [servicemember] may fly to a location in any of the 50 states at no cost to them."

Additionally, servicemembers are not limited to the Continental United States (CONUS) to fly to—they may choose to fly to a location outside CONUS, as long as the traveler has a valid passport and visa (if required). The only exception is servicemembers stationed in Germany, which does not require a passport for R&R travel.

The bad news is that any servicemember who had traveled prior to Dec. 19, 2003, which is when the new program began, will not be eligible for any type of refund. If the leave started on Dec. 19, 2003 or later, and the servicemember had purchased an airline ticket, then a reimbursement may be authorized.

"This is the most extensive R&R leave program since Vietnam," said Lennon. "I see it as a positive step providing more opportunities to the servicemember." 

Soldier both mother and nation's defender

Story by Spc. Marc Loi
13th Public Affairs Detachment

Whether married, engaged or dating someone, a deployment can be tough for servicemembers because of the separation.

Deployments can also be hard for parents who have to leave their children behind.

This is especially true for single parents – as in the case of New York native Sgt. Lissette Hussein, 4th Brigade, 2/501st Aviation Regiment, 1st Armored Division.

With her unit on the brink of deployment, Hussein, a single mother of two children, Hadder and Reiwan, ages 3 and 6 respectively, had to ensure her children were taken care of.

It's not that Hussein hadn't been in such situations before; on her previous deployment, she also had to leave her children behind. But being stationed in Texas and having her mother take care of the children while she was deployed was a lot easier than her current assignment in Germany.

So on her 2nd deployment from Germany, Hussein did what she thought was best for her children – she sent them to Ecuador to live with her mother, their grandmother, while she is deployed.

While being away from her children and missing them grow up may be hard, what might be even harder for Hussein is explaining to her children why she had to leave them behind.

"My 3-year-old doesn't understand yet, but the older daughter understands," she said.

"I try to explain to her, and she tries to understand." Hussein said the last time she saw Hadder, who re-

cently turned 3, the child hadn't started to speak yet. When she went home for Rest and Recuperation in December, however, her daughter had already started speaking – and in Spanish.

While many servicemembers may choose to go to exotic islands or Europe to take the 15 days of R&R, Hussein said she chose to go to Ecuador to see her children.

Because of the long distance of traveling, she only had 10 days to spend with them.

"It took advantage of those 10 days," said Hussein, who flew to Dallas through the R&R program and then paid for a ticket to Ecuador.

"I took them to entertainment centers and took them to eat whatever they wanted – and I took them to toy stores," she said.

For the children, Christmas arrived early. This is not only because they got to see their mother prior to Christmas, but also because Hussein said she decided to buy them presents and allowed them to open the presents before Christmas.

But by Christmas, Hussein was gone – on a plane, going back to support Operation Iraqi Freedom.

Her younger daughter wasn't with her at the airport. Hussein had to leave early in the morning and wanted Hadder to get the sleep she needed.

With Reiwan accompanying her to the airport, Hussein, just as any mother would, soothed and comforted her daughter and again, explained to her why she had to leave.

"I explained to her that I had to go back to work, and it was going to be just four more months," she said. "I told her that I am working for (her) so (she) can go to college."



During her recent R&R leave, Sgt. Lissette Hussein went to Ecuador to visit her two children, Hadder (right) and Reiwan, ages 3 and 6. Hussein is a single mother.

A college education – after all, is what she wants her children to have one day.

Hussein herself also has a college degree in international business management, and is thinking about applying for the Officer Candidate Course.

Being a single mother, however, presents a problem.

Hussein said she loves the Army, but does not want to be away from her kids.


"It's hard, not just because I am a parent, but because I am a single mother," she said. "Daughters need their mothers."

As for now, Hussein doesn't

know what the future holds, she said.

But one thing is for sure – just four months, and she'll see her children again. Already, the light is at the end of the tunnel and she can see it.

"I am seeing a lot of 1st Calvary officers around," she said. "They're here to replace us."

And perhaps she's right. Perhaps the 1st Calvary Soldiers are here to replace her so she could go home to play a role of which she cannot ever be replaced – being a mother. 

Marble Palace a getaway fit for royalty

Story by Spc. Marc Loi
13th Public Affairs Detachment

CAMP DOHA--While deployed, servicemembers may experience the monotony of have nothing to do during off-duty hours.

This may be true in many instances – except for servicemembers stationed on Camp Doha.

Along with a world-class gym, a video checkout facility and a recreation center, the Morale, Welfare and Recreation department here also offers a getaway of sort – the Marble Palace.

The facility is, in fact, made of marble and, at one time, belonged to the prince of Kuwait.

Though royalty can no longer be found there, the remnants of what was once the getaway for the royal family still remain.

This includes a 4-foot-deep swimming pool, an eatery offering a traditional Middle Eastern dish called Shwarma, tennis courts, a music room, and on Sundays, ‘Spa Day’ services where servicemembers can get manicures, pedicures, waxes and massages for minimal cost.

“Of all the facilities, the most pleasant place to go is the Marble Palace,” said MWR manager Clayton Bovey.

“Our pool is opened year-round,” Bovey said. “It’s closed for about three weeks out of the year for maintenance, but other than that, you can play water basketball, water



Honing their piano skills at Marble Palace's full-service musical department is one of many relaxing things servicemembers may enjoy to do.



The Marble Palace has a fully equipped music center which features drum sets, guitar and piano equipment where servicemembers may come to practice, learn or just sit and have fun watching.

volleyball or lap swim in there.” Just outside the pool area is the outdoor recreation checkout center, where servicemembers can check out equipment for batting cages and a golf driving range, in which servicemembers are able to drive a ball into a net.

There is also a basketball court, an 18-hole miniature golf course, a volleyball pit and an area for servicemembers to grill barbeques.

Bovey added that there is also an archery range at the Palace. Much similar to a firing range, the range is “hot” when the red flag goes up and there is always a range safety personnel present to ensure safety.

Even with all the different activities to do at the Marble Palace, the number of servicemembers attending the Marble Palace have taken a dive. Perhaps the reason for this is no one really knows of the activities taken place at there.

Bovey said a way to eliminate this is to be knowledgeable of the events taking place

around Camp Doha and what’s available for the servicemembers.

This is done through signing up for event calendars that are e-mailed to anyone who signs up, he said.


MWR activities and events are also available through the public folders on the local e-mail network.

Pfc. Margie Baylock, 103rd Transportation Co., Fort Bragg, N.C., is one person who has been to the Marble Palace and made good use of it.

Baylock was in the music room Wednesday playing on the piano. Though Baylock had no formal training on the piano and plays it by ear, she said having a chance to do so gives her an opportunity to relax.

“It’s better than playing in the dirt,” she said. “You can watch

movies, eat popcorn and swim. I think it’s a nice getaway from the daily stress.”

A short getaway from the daily stresses may be just what servicemembers based on and coming through Camp Doha need – and the perfect place for it is the Marble Palace. 



Upcoming events

Camp Arifjan

Wednesday

Country Night, 7 p.m.,
Community Center

Thursday

Pool tournament, 6 p.m.,
Community Center
Table tennis league,
6 p.m., Gym

Friday

Pool tournament, 6 p.m.,
Community Center

Saturday

James Bond movie marathon,
1 p.m., Community Center
Country night, 7 p.m.,
Community Center

Sunday

NFL Playoffs, Community Center

Monday

Dominoes Tournament,
6 p.m., Community Center
Basketball League, 6 p.m.,
Gym

Arena Flag Football
tournament sign-up starts

Tuesday

Dominoes Tournament,
6 p.m., Community Center
Volleyball League,
6 p.m., Gym
Horseshoe Tournament
sign-up starts

Camp Doha

Wednesday

Open Mic talent night,
7 p.m., Frosty's

Saturday

Bingo night,
7 p.m., Frosty's
Flag Football sign-up cut-off

Sunday

Spa Day, 11 a.m.-8 p.m.,
Marble Palace

Monday

Ping Pong Tournament,
7 p.m., Frosty's

CAMP DOHA MOVIES

Wednesday	5 :30 p.m.	Love Actually
	8 p.m.	Scary Movie 3
Thursday	5 :30 p.m.	Master and Commander
	8 p.m.	Gothika
Friday	5 :30 p.m.	Matrix Revolutions
	8 p.m.	Cheaper by the Dozen
Saturday	2 p.m.	Runaway Jury
	5 :30 p.m.	Last Samurai
	8 p.m.	Elf
Sunday	2 p.m.	Mystic River
	5 :30 p.m.	Elf
	8 p.m.	Runaway Jury
Monday	5 :30 p.m.	Love Actually
	8 p.m.	Radio
Tuesday	5 :30 p.m.	Under World
	8 p.m.	Kill Bill



AMFES

CAMP ARIFJAN MOVIES

Wednesday	6 p.m.	Down Periscope
	8 p.m.	The Muse
Thursday	6 p.m.	Dinosaur
	8 p.m.	Ice Age
Friday	6 p.m.	Divine Secrets of the Yaya Sisterhood
	8 p.m.	Gangs of New York
Saturday	1 p.m.	James Bond Movie Marathon
	10 p.m.	
Sunday	6 p.m.	Other people's money
	8 p.m.	Austin Power's The Spy Who Shagged Me
Monday	6 p.m.	Bruce Almighty
	8 p.m.	Sweet home Alabama
Tuesday	6 p.m.	Sum of all fears
	8 p.m.	The Rookie



Doha Education season kicks-off: Get your degree for free

Story by Spc. Marc Loi
13rh Public Affairs Detachment

Whether planning to stay in the military or moving on to do something else, one of the most important things a servicemember may obtain is an education.

Even on a deployment or Temporary Change of Station, servicemembers may get the necessary education through the education institutions on base.

At Camp Doha, such opportunities are available through Central Texas College and the University of Maryland. Classes offered include psychology, English and criminology. Through the Education Center located in the Camp Doha food court, servicemembers can register for both online and in-the-classroom courses. In addition, the Ed Center also offers two-day seminars aimed to provide and improve servicemembers' military knowledge.

Kaylene Woolford is responsible for signing up students at various forward support element camps in Kuwait, and she said sign-ups for classes in other less established camps are higher than it is here because servicemembers at other camps don't have access to the abundance of activities as they do here.

Still Woolford, a native of Mesa, Ariz., said an education is important for everyone – especially for those in the military.

"It's one of the most important things you'll need because (with it) you'll be smarter, faster and will be more capable of knowing what you're doing," she said.

At that, an education also helps with military career progress. Enlisted Soldiers looking to get promoted can get 1.5 promotion points for every credit hour of civilian education.

Aside from the educational and promotion benefits, servicemembers may also benefit financially through taking courses while in the Army.

Currently, the Army will provide 100 percent tuition assistance for soldiers attending classes. This is also true for Reservists and National Guardsmen on active duty – which may help college students complete an education while activated in support of OIF.

Seaton said because professors here, many of whom are flown to Kuwait from Germany, are working for the servicemembers, they should take full advantage of taking classes.

Though many classes at both the University of Maryland and Central Texas College started last week, Woolford said she will make exceptions for servicemembers who may be late in registering.

Those interested in registering for a class should stop by the Ed Center or call 438-3561.

Spc. Melvin Santos, of Washington, D.C., said he's been here one week and decided to come to the Ed Center because he wanted to take advantage of the opportunity to learn.

In fact, this is the second time Santos, attached to the ARCENT Finance Office, has been at Camp Doha and he said going to college here is "pretty much" like going to college in the U.S.

Whether different or similar to the States' form of education, attending college here will yield the same results – achieving the ability to rise above in society and be a better, more informed person both in and out of the military.



TU B' SHEVAT & SHABBAT

@ THE DOHA CHAPEL

Friday Night, 6 February 2004, 1830-2200

Come join us for the seder of Tu B' Shevat, to celebrate nature and the world around us. All are welcome, pass it on.

Contact MAJ Jonas Vogelhut, cell phone 786-1753 for more information

שהחיינו וקימנו והגיענו לזמן הזה

ש"ח תשס"ד

Army builds air terminal at AFB in Kuwait

Story by
Staff Sgt. Nate Orme
3rd Personnel Command, PAO

ALIAL SALEM AIR FORCE BASE, Kuwait—The Army just began operations at a new air passenger terminal here, with the goal of transporting hundreds of soldiers daily to destinations within the Operation Iraqi Freedom theater.

“Soldiers will be traveling by intra-theater airplane into and out of Iraq, said Maj. Vivian Gaz officer-in-charge of the 319th Movement Control Team, an Army Reserve unit from Dover, Del. The unit that is responsible for operations at the terminal, called a “node” in transportation operations parlance.

The terminal is composed of several tents being used as passenger holding areas and a parking lot and turn-around

area for buses dropping off and picking up passengers.

“The plan is for soldiers to only be here about three hours, tops,” said Gaz. “We will have MREs (Meals, Ready to Eat) and water here. Soldiers should have their last hot meal at their departing camps.”

To keep the operation as efficient as possible, plans are to use only one type of tactical aircraft each configured the same to carry the same number of passengers and two baggage pallets, said Gaz.

The operation eases some of the congestion at the military APOD (airport point of debarkation) in Kuwait. Most travel though the new terminal will be work related, meaning rest and recuperation travel would not be processed here. Four airfields in Iraq will be

served—Baghdad International Airport, Balad, Mosul and Al Asad.

The terminal, dubbed “Area 51” after the locale in Nevada that UFO fantasists theorize is an extraterrestrial stomping ground, was only begun in December, said Gaz.

“We got the order on Dec. 15th,” Gaz exclaimed, adding “I thank all the folks out here who put this together in short order— deputy node OIC Capt. Stephanie Turos and her unit the 94th MCT (Perrine, Fl., Army Reserve), the 319th MCT, the 211th Cargo Transportation Company and the contractors.” (KBR Government Operations is the primary contractor.)

There will be a small permanent party of Army soldiers stationed at the terminal.

A big ‘thank you’ to the Arifjan DFAC personnel!



Sexual Assault, Rape:

Story by
Spc. Karima L. Mares
13th Public Affairs Detachment

Sexual assault and rape are two very sensitive subjects, which are very important for both women and men to understand.

Both sexual assault and rape are violent crimes which can cause fear, injury, humiliation, and psychological trauma.

They are crimes of violence, not passion. Sexual assault is used to express anger, power, control, and dominance.

Most people associate sexual assault with strangers who use weapons, force, and fear to commit assault. Although this

does occur, we know that at least 70% of all assaults are committed by acquaintances who employ duress, coercion, psychological pressure, and even physical force.

Women, children, and men of all ages, socio-economic levels, neighborhoods, and lifestyles can be sexually assaulted.

Sexual assault by a person known to you, including your spouse, **IS A CRIME.**

Rape is defined as an act of sexual intercourse by force and without consent.

Sexual Assault, is actually two charges combined to form the sexual assault charge.

They are:

Assault consummated by a battery, which is defined as bodily harm done to a person with unlawful force or violence.

Indecent acts with another, defined as committing a form of immorality relating to sexual impurity which is not only grossly vulgar, obscene and repugnant to common propriety, but tends to excite lust and deprave the morals with respect to sexual relations, as well as bringing discredit upon the armed forces.

One incident of sexual assault happened to a female Soldier deployed to Bosnia a few years back.

"I had gotten off guard duty late, I was taking a shower," said Sgt. Andrea Salinas. "Some guy came in and he tried to jerry-rig the doors so nobody could get in and nobody could get out, my would-be rapist took bungee cord strapped it to the door, and broke the handle so it wouldn't

rattle... I caught him in the middle of this and jumped on him and we were on the ground fighting, kicking, punching, I was trying to get his face in the wall and I had grabbed a towel and was trying to get it around his neck 'cause I was trying to kill him."

At about 2 degrees below zero, Salinas chased her would-be rapist into the snow with nothing but her shower shoes, before she realized that she was cold, wet and naked. She went back to the shower room, threw on her clothes and ran to her room where she told her roommate, a military police officer, what had happened to her.

Her roommate went to the showers to make sure no one disturbed any of the possible evidence while Salinas went to the MP station to report the incident.

"During and immediately after the attack, I had never been so mad in my life; I wanted to kill him," Salinas said. "After the investigators got done with me, my adrenaline came down and reality hit, I started shaking and it hit me that that guy was trying to hurt me, and what he was really trying to do."

Salinas said that some people become traumatized, but for her the only lasting thing for a long time was that every time she saw someone fitting the profile of her assailant, instead of smiling like she used to, she'd think, "You're the same size, the same structure, it could be you."

Years later, Salinas advises women to take some sort of self-defense course and learn to defend themselves.

"We're not off in Gomer Pile land, where everyone's nice and every body knows each other, we don't know what's going to happen or what can happen and you can't expect a policeman to always be there to help you out; women need to know how to defend themselves."

Like Salinas, if you have been sexually assaulted or raped, it is **extremely important** to report the crime to the MPs immediately.

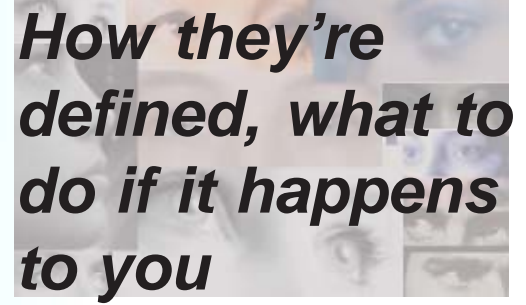
If you or someone you know has been raped, is very important that you get to a safe area as soon as possible and call for help or have someone call for you as quickly as you can.

Do not change your clothes, comb your hair, shower, douche or change anything about yourself until after you've had an examination by a doctor.

Valuable evidence can be destroyed even by something as simple as drinking water or going to the bathroom.

I had never been so mad in my life, I wanted to kill him.

~Sgt. Andrea Salinas



How they're defined, what to do if it happens to you

Common Themes in Military Sex Assaults

- Alcohol use/Abuse
- Acquaintance or Co-worker
- Consent is muddy issue
 - IClothing removal typically not forcible
 - I"I didn't want to..but didn't say anything"
 - I"She didn't say 'no'"
 - I"She said 'no' but I thought she was kidding..."
- Both victim and alleged perpetrator are commonly junior in rank and in their 20's

A Survey of 583 women who had served since Vietnam era:

Respondants reported:

48% experienced violence of some kind
30% experienced rape
33% experienced physical assault
16% experienced both sexual and physical assault

—All while in military service

VA Women's Health Study

55% reported sexual harassment
123% reported being sexually assaulted
(J of Interpersonal Violence, Mar 2000)

Prevalence in Army Sample:

23% of females reported a completed rape
51% of females reported a sexual assault
7% of males reported a sexual assault

--Most assaults occurred prior to entry into service

(Military Medicine, Apr 1998)



Ask Spc. Know-it-All

Dear Spc. Know-It-All,

Who was the first African American general officer in the US Army?

-Spc. Davis,
Camp Arifjan

Well, my fellow specialist, that is an easy question. Have you seen him at any family reunions? On 25 October 1940, Benjamin O. Davis was promoted to brigadier general, making him the first African- American general officer in the United States Army. Thanks for the question try and stump me next month.

I lost in an Arm Wrestling competition against my first sergeant, so now I have toilet cleaning duty, what should I do?

-Pvt. B,
Camp Arifjan

Well private B, start by grabbing a

toilet brush, paper towels, and some bleach. Then take off the bleach cap, pour it into the toilet bowl, and begin a clockwise scrub with the toilet brush. Then wipe down the toilet seat and rim. Flush and repeat process.

Is the Army still giving those annoying Anthrax shots?

-Sgt. Fargo,
Camp Udairi

Annoying? Yes I know the little shot burns like a fire ant sting, but hey if its going to keep us safe, I'm all for it. The anthrax immunizations are back, and yes they did stop for a while, but not because they weren't safe. The immunization has been given to Soldiers for a number of years, and yes it will protect you from both skin and inhalation anthrax. So, all in all you can't beat it.

What forms of birth control are available at the Camp Doha TMC?

-Pfc. W.,
Camp Doha

Excellent question! I am glad you,

much like the military, realize the importance of proper birth control methods. The Army offers many forms of birth control at your local TMC, ranging from barrier to hormonal methods. Each birth control method offers advantages and disadvantages and the choice of a particular method should be individualized for each person. Some of the contraceptives that are offered locally are: spermicides, male and female condoms, and birth control pills. If you need more information concerning contraceptives, you may contact me and we'll go to your local TMC.

My family had health coverage through my employer when I was called for active duty in the military. What are my rights to health coverage now?

-Capt. Richards,
Camp Wolverine

That is a great question sir-I have spoken with a lot of servicemembers worrying about their health coverage. Here's the rundown, If you are on active duty

for more than 30 days, you and your dependents should be covered by military health care. However, there are two laws that protect your right to continue health coverage under an employment-based group health plan. The Consolidated Omnibus Budget Reconciliation Act (COBRA) which provides health coverage continuation rights to employees and their families after an event such as reduction in employment hours. And The Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA) which is intended to minimize the disadvantages that occur when a person needs to be absent from civilian employment to serve in the uniformed services. Both COBRA and USERRA generally allow individuals called for active duty to continue coverage for themselves and their dependents under an employment-based group health plan for up to 18 months. For more information on the interaction of COBRA and USERRA, see [IRS Notice 98-12: Deciding Whether to Elect COBRA Health Care Continuation Coverage After the Enactment of HIPAA.](#)

Fitness Beat

Information courtesy of SELF Magazine

The Fit Switch Alternating between steady (endurance) cardio activities and those that require bursts of speed can help bump muscles out of a rut.

The Better-Body Payoff

When you challenge your body to something it's not used to it expands more energy, which means **quicker toning and weight loss**. Alternating speeds surprises you body—

and keeps results coming.

Try it! Each of us moves at five different levels of intensity.

The first three are endurance mode: a moderate zone (your breathing is slightly deeper than at rest), **a seady-state zone** (your breathing is deeper and your moving at a good clip), **and an aerobic zone** (your breathing is even heavier, and the pace is challenging).

The last two are speed builders: an anaerobic-threshold zone (your breathing is sharp and your

muscles are working to fatigue)

and the flat-out zone (an all-outpace that you can sustain for a minute at most). Vary intensity from session to session or within a workout. You can cycle through the intensities in order, or do "chaos" training, moving from the first intensity to the third to fifth, then back down again.

Smart Speed Play

Exaggerate the pace of daily activities: Racewalk to a meeting; climb stairs very slowly.

Operation Iraqi Freedom

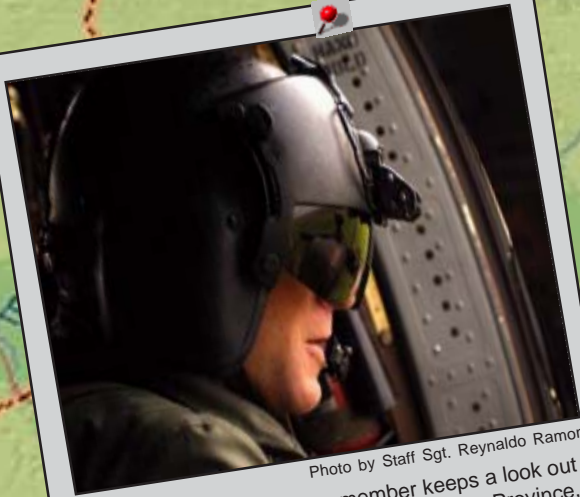


Photo by Staff Sgt. Reynaldo Ramon

An UH-60 Blackhawk crew member keeps a look out for enemy ground fire on the way to Dhi Qar Province, An Nasiriyah, Iraq while transporting Coalition Provisional Authority Administrator Ambassador Paul L. Bremer and his support staff.



Staff Sgt. Charles B. Johnson

A sniper uses his rifle scope to search for enemy activity in Al Fallujah, Iraq. The paratrooper is assigned to the 82nd Airborne Division's Company B, 1st Battalion, 505th Parachute Infantry Regiment. Company B was conducting a systematic search of a section of the city.



Photo by Senior Master Sgt. Gene LaDoucer

Two Army soldiers remove a bunk from their flooded tent at Kirkuk Air Base, Iraq, Jan. 13. The base was hit by nearly 2 inches of rain overnight, leaving many areas of the base, including tents for airmen and soldiers, deluged with water.



Photo by Sgt. Igor Paustovski

Staff Sgt. Ambry of 1-41 Infantry, 1st Armored Division, prepares to move out with the security convoy of V Corps Assault CP at Camp Virginia, Kuwait.. The Division is currently deployed as a part of Operation Enduring Freedom.



Photo by Staff Sgt. Reynaldo Ramon

During a convoy to Dhi Qar Province, An Nasiriyah, Iraq, a shepherd and his son take their sheep to graze. Having the freedom to venture outside without fear, is one of the benefits the people of Iraq are gaining through the efforts of Operation Iraqi Freedom.